



## **Sumner County School System Trend Report CSH Overview Summary**

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Sumner County School System.

### **CSH Infrastructure Established**

An infrastructure for CSH has been developed for the Sumner County School System that includes:

- School Health Advisory Committee
- Forty active Healthy School Teams
- School Health Policies strengthened or approved
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$ 23,310.

Community partnerships have been formed to address school health issues. Current partners include:

- |   |                                   |
|---|-----------------------------------|
| ➤ Volunteer State Community college –           | ➤ TNCEP/UT Extension              |
| ➤ Dental assistant and EMT programs             | ➤ Unity after school program      |
| ➤ Hartsville Tech – LPN students                | ➤ Dr. Tigges – local chiropractor |
| ➤ Shalom Zone Medical technology students       | ➤ Master Gardner's                |
| ➤ Nashville college of Medical Careers students | ➤ Results Physiotherapy           |
|   | ➤ Sumner County Drug Coalition    |
|   | ➤ Sumner County Collaborative     |
|   | ➤ Shalom Zone                     |

### **Parent and Student Involvement Developed**

Parents are involved in numerous CSH activities such as SHAC, school health index teams, walking track grand openings, and health fairs. Currently, 5 parents are collaborating with CSH.

Students have been engaged in CSH activities such as serving on school health index teams. Approximately 10 students are partnering with CSH to address school health issues.

### **School Health Interventions**

Since CSH has been active in the Sumner County School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – 9,700 screenings and over 4,000 referrals;

Students have been seen by a school nurse and returned to class – 18,251 students;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. Healthy weight 60%, Underweight 2%, Overweight/Obese 38% - this data is preliminary until reviewed by the state evaluator;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include walking trails and portable greenhouses;

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include school faculty and staff receiving support for their own well-being through Lunch and Learns with multiple providers and fitness classes offered in school buildings at the convenience of staff.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Michigan Model training and materials being used in elementary and middle schools;
- Physical Education/Physical Activity Interventions – additional staff trained in Take 10! and two schools requesting training for the next school year;
- Nutrition Interventions – Fresh Fruits and Vegetables grant at Vena Stuart Elementary School;
- Mental Health/Behavioral Health Interventions – mental health/resource guide near completion and health/resource fairs.

In such a short time, CSH in the Sumner County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

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